



BOOK OF  
COOKRYE.

*Very necessary for  
all such as delight  
therin.*

*Gathered by A. W.*

And now newlye en-  
larged with the ser-  
uing in of the  
*Table.*

With the proper Sauces  
to each of them con-  
uenient.

AT LONDON  
Printed by Edward

*Allde. 1591.*





The order how Meats  
should be serued to the  
Table, with their  
*sauces.*

The first course.



Pottage or stewed broth.  
boiled meat or stewed meat.  
Chickens and Bacon.  
Powdered Beefe.

Pyes, Goose, Pigge.

Roasted Beefe.

Roasted Meale.

Custard.

The second course.

Roasted Lamb.

Roasted Capons.

Chickens.

Pheennes.

Bakke Menison, Tart.

The seruice at Supper.

Pottage or Sew.

A Sallet.

A 2

A Pigges

## A Book

A Pigges petitoe.

Powdred Beef sliced.

A shoulber of mutton oz a best.

Mele, Lamb, Custard.

The second course.

**C**apons roasted.

Cunnies roasted.

Chickins roasted.

A Pye of Pigeons oz Chickins.

Baked Menison, Tarte.

The service at Dinner.

**B**acone and Mustard.

Capons stewed in white broth.

A Pestell of Menison upon bzeues.

A chine of Beef & a best of mutton boild.

Chewets oz Pyes of fine mutton.

Thre green gæse in a dish, sozrell. sauce.

For a stubble goose, mustard and vinagre.

After Alhalowen daye a Swan, sauce

Chaudyon.

A Pigge.

A dubble Rib of Beef roasted, sauce Pepper and Vinagre.

A loyne of Meale oz best, sauce Orzenges.

Half a Lamb oz a kid.

Two Capons roasted, sauce wine & salt,

Alle



Ale and Salt except it be vpon sops.  
Two Pasties of salow Deer in a Dish.  
A Custard.  
A Dish of Leash.

The second course.

Elly.

Pecock, sauce wine and Salt.

Two Connies or half a dosen of rabbits.

sauce Mustard and Sugar.

Half a dosen of chickens vpon soxrel sops:

Half a dozen of Pigeons.

Ballard.

Leale.

Gulles.

Storke.

Bernsew.

Crane.

Curlew.

Wittur.

Bustard.

Sauce Mustard and

Vinagre.

Sauce Callentine.

Feland, sauce water and salt with Onions sliced.

Half a dozen of Woodcocks, sauce Mustard and Sugar.

Half a dosen of Partridges. (sand.

Half a dosen Railes sauced as the fr.

A dosen of Quailles.

## A Booke

A dish of Larkes.

A patty of red Dere.

Larte, Ginger bread, Fritters.

### Service for Fish daies.

**B**ut ter.

A Sallet with hard Egges.

Potage of sand Celcs and Lampreys.

Red Hering green bzoiled sugar strewed

White Hering.

(vpon.

Ling.

Sauce Mustard.

Vaburdine.

Salt salmon minced, sauce mustard and

Winagre and a little Sugar.

Polvdyed Cunger.

Shad.

Sauce Winagre.

Mackrel.

Whiting, sauce with liuer and mustard.

Plaice, sauce saizrel, or Wine and Salt,

or Winagre.

Thorne back, sauce Lier and Mustard,

Pepper and Salt strewed vpon it af-

ter it is bzyled.

Fresh Cod, sauce Gréensauce.

Bace, Pullet.

Celcs vpon Sops.

Roches vpon Sops.

Perch

Perch.

Pike in Pike sauce.

Trout vpon Sops.

Tench in Celly oz in Crissel.

Custard.

The Second course.

¶ Flounders in Pike sauce.

Fresh Salmon.

Fresh Cunber.

Brit.

Turbut.

Holibut.

Wreame vpon sops.

Carp vpon sops.

Soles oz any other fish fried, sauce the  
dripping.

Roasted Lampreys.

Roasted Porpos.

Fresh Sturgion.

Crenice.

Crab.

Shrimps.

Baked Lamprey.

Wart.

Figges.

Apples.

Chase.

Railins.

Pearces.

Almonds

A Booke  
Almonds blanchèd.

To make sauce for capons or Turkey  
Fowles

**T**Ake Onions and slice them thin, and  
boyle them in faire water till they be  
boyled drye, and put some of the graue  
vnto them and pepper groce beaten.

Sauce for a roasted Stock Dque.

**T**Ake Onions and mince them not too  
small, and boile them in a little claret  
wine, and when they be boyled almoste  
drye, put therto Vinagre. Sugar, Pepper  
and some of the gray of the Stockdque.

To make sauce for a capon an  
other way.

**T**Ake Claret wine, Rosewater, si-  
ced Oranges, Sinamon and ginger,  
and lay it vpon Hops, and lay your Ca-  
pon vpon it.

Sauce for capons, Pheasant, Partriges  
or Woodcocks.

**O**nions sliced very thin, faire water  
and pepper groce beaten.

Chauldron

of Cookry.  
Chauldron for a Swan.

4

**T**AKE white Bzead and lay it in soke  
in some of the bzoth that the Giblets  
be sod in, and straine it with some of the  
blood of the Swan, a little peece of the Li-  
uer and red Wine, and make it somewhat  
thin, and put to it Sinamon and ginger,  
pepper, Salt and Sugar, & boile it untill  
it be somewhat thick, and put in two spoon  
full of the graupe of the Swan, and so  
serue it in saucers being warme.

Galandine for a crane or a Hearne or any  
other Foule that is black meat.

**T**AKE Bzead and lay it in soke in vi-  
nagre, and straine it with Vinagre  
and a litle Claret wine, boile it on a cha-  
singdish of coles and put in it sugar, Si-  
namon, and Ginger.

For

A Booke  
For Stewed and boyled  
Meates.

To stue a Capon.



Take the best of the Broth  
of the pot, and put it in a  
pipkin, and put to it Co-  
rance and great raisins,  
Dates quartered and o-  
nions fine minced, bray-  
ned bread & time, and let them boile well  
together: when they be well boyled, put  
in your pynes, season it w<sup>th</sup> cloues, mace,  
pepper, and very little Salte, a spoonfull  
oz two of Mergious, and let it not be too  
thick. And your Capon being boyled in a  
pot by it selfe in fair water & salt to keepe  
it faire, and thus you may boyle a Chic-  
ken, veale, beef oz mutton after this sort.

To stue a Capon in Lemmons.

Slice your Lemmons and put them  
in a Platter, and put to them white  
Wine and Rosewater, and so boile them  
and Sugar til they be tender. When take  
the

the best of the broth wherein your Capon is boyled, and put thereto whole Mace, whole pepper & red Cozance, barberics, a litle time, & good store of Marow. Let them boile wel together til y<sup>e</sup> broth be almost boyled away that you haue no moze then will wette your Sops. Then poure your Lemmons vpon your Capon, & season your broth with Mergious and Sugar, and put it vpon your Capon also.

To boyle a Capon in white broth.

**B**oyle your Capon in faire licour and couer it to keepe it white, but you must boile none other meat with it. take the best of the broth, and as much bergious as of the broth if your Mergious be not too sower, and put therto whole mace whole pepper, and a good handfull of Cin-  
dine, Lettuce or bozage, whether of them ye wil, small Raisins, Dates, Marow of marow bones a litle stick of whole Sinnamon, the pæle of an orange. Then put in a good pæce of Sugar, and boile them well together. Then take two or three yolkes of egges sodden, and strain them, and thicke it withall, & boile your pꝛunces  
by

## A Booke

by themselves, and lay vpon your Capon  
poure your broth vpon your Capon.

Thus make you boyle any thing in  
white broth.

An other to boyle a capon in  
white broth.

**F**irst take Marow bones, breake them  
and boyle them and take out the ma-  
rowe. Then sethe your Capon in the  
same licoure. Then take the best of the  
licoure in a small Potte to make your  
broth withall. Then take Cozance, Da-  
tes and pynes, & boyle them in a pot by  
themselves till they be plum, then take  
them vp and put them into your brothe,  
then put whole Pace to them and a good  
quantitie of beaten Ginger & some Salt.  
Then put the Marow that you did take  
from the bones, and Strain the yolkes of  
Egges with Vinager, and put them in-  
to your broth with a good pæce of Sugar  
but after this it must not boyle: the take  
bread and cut therof thin sippits, and lay  
them in the bottom of a dish. Then take  
sugar and scrape it about the sides of the  
dish and lay thereon your Capon, and the  
fruit vpon it and so serue it in.

To



To make Sops for a capon.

**T**ake Looses of Bzead, Butter, Claret wine and slices of Oranges, and lay them vpon the Looses and Sinamon Sugar and Ginger.

To make Sops for chickins.

**F**irste take Butter and melt it vpon a Chafingdishe with Coales, and lay in the Dish thynne Looses of Bzead, and make Sozrell sauce with Mergious and Goseberies, seeth them with a little bergious and lay them vpon.

To boyle a capon in Browes.

**Y**ou must boile your Capon with fat meat, then take the best of the broth and put it in a pipkin, & put whole Mace to it, whole Pepper, some red Cozance, half as much white wine as you haue of broth, good stoz of Marowe and Dates, and scum them clean and keepe your licour very clere, and season it with Mergious and Sugar, and then lay your Capon vpon browes finely cut, and so poure your broth vpon it.

To boyle a Capon.

**T**ake your Capon and boyle it tender, and take out a little of the broth and  
put

## A Booke

put it in a little pipkin with whole mace  
and a good deale of ginger, and quartered  
Dates, and boyle your cozance and py-  
nes in very faire water by themselves,  
for making of your broth black, and thic-  
ken your broth with yolks of egges and  
wine strained together or a little Mergis-  
ous, and let your broth boile no more  
when you haue thickned it, for it will  
quail. Then cut sippits in a platter, and  
lay in your Capon, and laye your fruite  
vpon it, so doing serue it out.

To boyle a Capon with Orenge  
or Lemmons.

**T**Ake your Capon and boyle him ten-  
der and take a little of the broth whē  
it is boyled and put it into a pipkin with  
Spice and Sugar a good deale, and pare  
thre Orenge and pil them and put the  
in your pipkin, and boile them a little a-  
mong your broth, and thicken it with  
wine and yolkes of egges, and Sugar a  
good deale, and salt but a little, and let  
your broth no more on the fire for quai-  
ling, and serue it without sippits.

To

## Of Cookry.

To boyle a Cony with a Pudding in his  
Belly.

**T**Ake your Cony and slep him, & leane  
on the eares and wash it faire, and  
take grated Bread, swete Suet minced  
fine, cozance and some fine hearbs, Pe-  
neriall; winter sauery; percelly, Spinage  
oz beets, swet margerum, and chop your  
hearbs fine, and season it with Cloues,  
Mace and Sugar, a little creame and  
salt and yolks of Eggs, and Dates minst  
fine. Then mingle all your stuff together,  
and put it in your Kibets belly and sowe  
it vp with a thred, for y<sup>e</sup> broth take mut-  
ton broth when it is boyled a little, and  
put it in a pot wheras your Kibet may  
lye long waies in it, and let your broth  
boile oz ever you put it in, then put in  
Goeberies oz els Grapes, cozance and  
swet Butter, Mergious, Salt, grated  
bread and Sugar a little, and when it is  
boyled, lay it in a dish with Sops. And  
so serue it in.

To boile Chickins or Capons.

**F**irst boile them in faire water til they  
be tender. Then take Bread and steap  
it in the broth of them, and with the  
yolks

## A Booke

volks of foure or fūe Egges, & Mergions  
or white Wine straine it and therewith  
season your broth and your Capon in it.  
Then take Butter, persly and other smal  
herbs, and chop them into it. And so serue  
them forth vpon sops of Bread.

To seeth chickens in Lettice.

**T**Ake a neck of Button with a marow  
bone, and so let it seethe, and scum it  
clean and let it boyle well together, and  
when it is enough: then take out some of  
it and straine it, and put in your Chick-  
kins. Then take a good many Letuce and  
wash them clean and put them in. Then  
take a little white Bread and straine it  
and put it into the pot to thicken it withal.  
Then put a little whole mace to season it  
with Pepper and Mergions, and a little  
sugar, and cut sops and lay them on, and  
put on the marow and so serue them.

To boyle chickens with hearbs.

**T**Ake your Chickens and scalde them  
and trusse the wings on, & put their  
feete vnder the wings of your Chickens,  
and set them on in a little pot and scum  
them faire, when they haue boyled: put  
in Spinage or Letuice a good deale, and  
Rosemary

Rosemary, sweet butter, bergious, salt and a little Sugar and Strained Bzead, with a little wine, and cut sippets, and serue it out.

So may you boyle Mutton, or Pigeons,  
or Conny.

To seeth Hennes and capons in Winter,  
in whitebroth.

**T**AKE a neck of mutton & a marrow bone,  
and let them boile with the Hennes to-  
gither, then take Carret roots, and put the  
into the pot, and then straine a little bzead  
to thicke the pot withall and not too thicke,  
season it with Pepper & bergious, and the  
couer them close and let them boyle togi-  
ther, then cut Sops and put the bzoth and  
the marrow aboue, and so serue them.

To stue capons.

**T**AKE the best of your mutton bzoth and  
put therto a little whole pepper, and a  
little whole Pace, Parcely, and time, and  
boile the. Then put in halfe a dish of sweet  
Butter, Bergious, and a peece of Sugar.  
Then take a good quantitie of Goleberies,  
and boyle them by themselves in a little  
bzoth, and poure them vpon your chickens,  
put into your bzoth a spoonfull of yest.

## A Book

To stue Sparrowes.

**T**Ake Ale and set it on the fire, and when it seetheth scum it, and then put in your Sparrowes and small Raisins, Sugar and Sinamon, Ginger, and Dates, and let the boyle together, and then take marroue of Butter, and a little vergious, and kepe it close. And when it is enough, make Sops in Platters and serue them sozth.

To stue Sparrowes.

**T**Ake good Ale a pottel, or after the quantities more or lesse by your discretion, and set it ouer the fier to boyle, and put in your Sparrowes and scum the broth, then put therein Onions, Percely, Lime, Rosemary chopped small, pepper and Saffron, with Cloues and Gace, a fewe. And make suppets as you doe for fish, and laye the Sparrowes vpon with the said broth, and in the seething put in a peece of sweet Butter, and vergious if need be.

For to stue Larkes.

**F**irst take them and drawe them cleane, and cut off their fate, and then take a good deale of wine in a platter, and take a good deale of marow, and put it in y Wine and set them on a Chafing dish, and let the stew there a good while, then take a quantity

little of smal Raisins, and wash them clean and put them into the broth, and take a little sugar, and Sinamon, and a few crumbs of manchet bread, and put them into the Larkes, and let them stue altogether, then take and cut half a dosen Costes, and lay them in a Platter, then put them in a dish with broth, and serue them out.

To stue Sparrowes or Larkes.

Take the best of Button broth, and put it in a Dipkin, and put to it a little whole Pace, whole Pepper, Claret wine, Marigolde leaues, Barberies, Rosewater Mergions, Sugar, and Parrowe: or els sweet Butter. Perboile the Larkes before and then boyle them in the same broth and lay them vpon Sops.

To boile a Duck.

Seeth the Duck with some good marrow bones or Button, and take the best of the broth, and put therein a few Cloues, a good many sliced onions, and let them boile well together till the Onions be tender, and the season your broth with Mergions, and a little sugar & salt, and a little brused pepper, take vp your Duck and lay it vpon sops and giue it two slices vpon y<sup>e</sup> best, and stick it full of cloues & pour y<sup>e</sup> broth vpon it.

## A Book

To stue a wilde Mallard.

**T**AKE a wilde Mallard, with a péece of Mutton, and set him on the fire, and let him sceth, and scum him cleane, then straine a little bzead and put it in, slice halfe a dosen of Onions, and take whole pepper and put it in, and season it well with Vergious, and couer it close and let it boyle till it be enough, Then put it in a platter and serue it without Sops.

To boyle Stockdoues.

**S**et the them with Beefe or Mutton, stake the best of the bzoth and put it in a pipkin, and put thereunto Onions finely minced, and a few Cozance, and so boyle them till they be very tender, and season them with vergious, and a little sweet butter, and pour them vpon your Stockdoues when they be laid vpon the Sops.

To stue a hinflank of Beefe without fruit.

**B**oyle your flank of Beef very tender, till the bzoth be almost consumed, then put the bzoth into a pipkin, and put to it Onions, Caret roots shzed small, bring tender sodden befoze, and pepper groce beaten, vergions, and halfe a dish of sweet butter, and so lay it vpon.

To



To stue a Neares foot.

**F**irst let your Beats foot be scalded and made cleane. Then take Onions, slice them and boyle them well in faire water. Then take halfe water and halfe Wine, so much as need to serue for the boiling of the Beats foot (which will be sone enough) and put it in a pipkin, put therin some Cloues, and a little whole pepper, and take the onions out of the water they were sodden in, and put them into the same pipkin, and the Beats foote with them till it be almost inough. Then take a little bergious, halfa dish of sweet butter and a little sugar, and let them boyle a little together, and serue them in vpon Sops.

An other to stue a Neats foot.

**B**oyle the Onions in Muscadell: and put therinto a fewe Cozance, whole pepper and cloues: then put in your Beats foot and boyle it tender and season it with a good pece of butter, and when they be well boyled, lay them vpon sops and cast about your dish sides a little powder of Ginger.

To boyle a Leg of Mutton with Lemmons.

**V**hen your mutton is half boyled, take it vp, cut it in small peces, put

## A Booke

put it into a Pipkin and couer it close, and put therto the best of the broth, as much as shall couer your Mutton, your Lemmons being sliced very thin and quartered and cozance: put in pepper groce beaten, and so let them boile together, and when they be well boiled, season it with a little bergious, Sugar, Pepper groce beaten, and a little sanders, so lay it in fine dishes vpon sops, it wil make it melle for the table.

To boile Mutton with Endiue, Borage, or Lettice, or any kinde of hearbs that may serue therunto.

**V**hen your Mutton is well boyled, take the best of the broth, and put it in a Pipkin, and put therto an handfull of Endiue, borage, or what herbs you list, and cast therto a few cozance, and let them boile well, and put therto a pece of vpper crust of white bread, season it with pepper groce beaten, and a little Bergious, and a little sugar, & so poure it vpon your meat.

To boile mutton for a sick body.

**P**ut your mutton into a Pipkin, scath it and scum it clean, and put therto a crust of Bread. Fennell roots, Percely roots, Cozance, great Raisins, the stones taken out, and

and hearbs according as the patient is. If they be colde, hot hearbs may be bozne: If they be hot colde herbs be best, as Endiue, Cinamon, violet leaues, and some Sezell: let them boyle together. Then put in Prunes, and a very little salt, this is broth for a sick body.

To make balles of Mutton.

**T**ake your Mutton and mince it very fine with Suet. Then season it with Sugar, Cinamon, Ginger, Cloues & Mace, Salt, and raw Egges. Make it in round balles. Let your broth seeth ere you put the in. Make your broth with Cozanes, dates quartered, whole Mace and salt. Thicke it with yolkes of Egges, and Bergious, and serue it vpon Hops.

How to boyle Pigges Petitoes.

**T**ake your Pigs feet, and the Liver and Lightes, and cut them in small pices, then take a litle mutton broth and apples sliced, Cozance, sweet butter, bergious and grated bread, put them altogether in a litle pipkin with salt and Pepper, perboyle your petitoes or euer you put the in your Pipkin, then when they be ready, serue the vpon suppers.

## A Booke

To still a cock for a weake body that  
is consumed,

**T**Ake a red Cock that is not too olde, and  
beate him to death, and whē he is dead,  
fley him and quarter him in small pēces,  
and bruse the bones euerye one of them.  
Then take roots of Fenell, persely, and suc-  
croz, Violet leaues, and a good quantitie of  
Bozage, put the Cock in an earthen pipkin  
and betwēne euerye quarter some rootes,  
hearbs, corance, whole mace, Anis seeds, be-  
ing fine rubbed, and Licozice being scraped  
and sliced, and so fill your pipkin with al the  
quarters of the Cocke, put in a quarter of a  
pinte of Rosewater, a pint of white wine,  
two or thre Dates. If you put in a pēce of  
golde, it will be the better, and halfe a  
pound of pynnes, and lay a couer vpon it,  
and stop it with dough, and set the pipkin in  
a pot of seething water, and so let it seethe  
twelue houres with a fire vnder the brasse  
pot that it standeth in, and the pot kept  
with licour twelue houres.

When it hath sodden so many houres, then  
take out the pipkin, pul it open, and put the  
broth faire into a pot, giue it vnto the weak  
person morning and euening.

To

To make a Hodgepodge.

**B**oyle a neck of Mutton or a fat rump of  
Beef, and when it is well boyled, take  
the best of the broth and put it into a pipkin  
and put a good many onions to it, two  
handfull of marigold flowers, and a handfull  
of percelly fine picked and groce Mzedde and  
not too small, and so boyle them in the broth  
and thicke it with strained bread, putting  
therin groce beaten pepper, and a spoonfull  
of Vinagre, and let it boyle somewhat thicke  
and so lay it vpon your meat.

To make puddings of a Swine.

**T**ake the blood of the Swine, and swing  
it, then put therto minced onions large-  
ly with Salt, and the Suet of the Hog min-  
ced. Then take the guts clean washed, and  
stufte them with the aforesaid stuffe: and so  
seeth them, then boile them vpon the coles,  
and serue them forth.

To make white Puddings of the  
Hogges Liuer.

**Y**ou must perbeile the Liuer, and beate  
it in a mortar, and then straine it with  
Creame, and put therto six yolks of Egges  
and the white of two Eggs, and grate halfe  
a halfe

## A Booke

a halfe peny loaſe of light Bread, and put it therto with ſmall Raiſins, and Dates, Cloues, Mace, Sugar, Saffron, and the ſuet of Beefe.

Eiſands with Otemeale grotes.

**T**Ake a pinte of Creame and ſathe it, and when it is hot, put therto a pinte of Otemeale grotes, and let them ſoke in it all night, and put therto big. yolks of eggs, and a little Pepper, Cloues, mace, and ſaffron, and a good deale of Suet of beefe, and ſmall Raiſins and Dates, and a little Sugar.

To make Liuerings of a Swine.

**F**irſt perboile the Liner, then ſtamp it in a Morter, and when it is ſmall inough, put it in a beſſell, and put to it ſuet, yolkes of Egges, pepper, cloues, Mace, and Salt. Then take your Cuts cleane waſhed, and ſtuffe them with the foresaide ſtuffe, then boyle them, that down ſerue them forth.

How to make a Pudding in a

Turnep root.

**T**Ake your Turnep root, and waſh it faire in warme water, and ſcrape it faire and make it hollow as you doe a Carret roote, and make your ſtuffe of grated bread, and Apples chopt fine, then take Cozance, and  
hard

hard Eggs, and season it with Sugar Sinamon, and Ginger, and yolks of hard eggs and so temper your stiffe, and put it into the Turnep, then take faire water, and set it on the fire, and let it boyle or euer you put in your Turneps, then put in a good pece of sweet Butter, and Claret Wine, and a little Vinagre, and Rosemarie, and whole Pease, Sugar, and Cozance, and Dates quartered, and when they are boyled inough, then will they be tender, then serue it in.

A Pudding in Egges.

**T**ake and boyle your Egges hard, and blanch them, and cut off the Crowne of them, and take then of the yolks and chop them, Dates boyled, and yolkes of hard egges, grated Bzead, and Cozance, Salte Sugar, Sinamon, and Ginger, and then put the yolkes of rawe Egges, and mingle them altogether, then put in your Egges, then for your broth take a little Button broth, Cozance, Dates, Sugar, a little salt and butter, thicken it with yolks of Eggs, bergions and a little sugar, so serue it in.

A Pudding in a Tench.

**T**ake your Tenche and drawe it very cleane, and cut it not ouer lowe. Then take

## A Booke

take beets boiled, or Spinage, and choppe it with yolks of hard Egges, Cozance, grated Bread, salt, Pepper, Sugar and Sinamon, and yolks of raw Egges, and mingle it together, and put it in the Trenches bellye, then put it in a platter with faire water and sweet butter, and turn it in y<sup>e</sup> Platter, and set it in the Ouen, and when it is enough, serue it in with sippits and poure the licour that it was boiled in vpon it.

To make a pudding in a Carret root.

**T**ake your Carret root and scrape it fair, then take a fine knife and cut out all the meat that is within the roote, and make it hollow, then make your pudding stufte of the liuer of a goose or of a Pig, with grated bread, Cozance, Cloues and mace, Dates, Pepper, Salt and Sugar. chop your Liver very small, and perboile it ere you chop it, so down, put it in your hollow root. As for the broth, take mutton broth with cozance, carrets sliced, salt, whole Pease, sweet Butter, Mergions and grated bread, and so serue it forth vpon sippets.

A Pudding in a Cowcumber.

**T**ake your Cowcumber and cut out all the meat that is within it, then take a  
Liner



Liver of a Lamb oz Pigge, and Grapes oz  
Gooseberries, and grated bread, pepper, salt,  
Cloues and mace, and a little suet, and the  
yolkes of three Eggs, and mingle altogether  
and put in the Cowcumber, and let your  
broth boile oz ener you put it in: the broth  
must be made of Mutton broth, Vinagre,  
and Butter, strained bread, and Salt, and  
so serue it out.

How to dresse Neatsung.

First boile them till they be very tender,  
then make tostes of bread, and tosse the  
till they be very black, then wash the same  
tostes in faire water, and put them in a  
faire earthen Messell, and then put to them  
flesh broth, Vinagre, red Wine, Sinamon  
and Ginger, and straine these altogether, so  
that it be not too thick, and put therto Su-  
gar and salt, and boyle all these together,  
then cut your tungs in faire lesches, and so  
saie them in sweet Butter, and that done,  
put the Lesches into your sauce, and then let  
them boile well together, and so serue them  
with the same sauce.

A broth for a Neatstung.

Take Claret wine, grated Bread, Co-  
rance, swete Butter, Sugar, and Si-  
namon,

## A Booke

namon, boyle them altogether. Then take the Beets tung and slice it and so lay it in your dish with suppets and serue it in.

### A boyled Saller.

**T**ake Spinage and boyle it and chop it, and when it is chopt, poure it in a little Pipkin, with Cozance, swæte Butter, Vinagre, and Sugar, boyle them altogether, and when they are boyled put it in a dishe, and lay suppets round about, and strew sugar vpon them and serue them out.

### ¶ For Fish.

#### To see the a Pike.

**S**coure your Pike with bay Salte, and then open him on the back, faire walhe him, and then cast a little white Salte vpon him. Set on faire water wel seasoned with Salte. When this licour seetheth, the put in your Pike and fair scum it, the take the best of the broth when it is sodden, and put it in a little Chafer or Pipkin, and put therto parcels and a little Time, Rosemary, whole Mace, good Pest, and half as much Mergions as you haue licour, and boile the together, and put in the Linner of the Pike, and

and the kell, being clean scaled and washed, and let them boyle well, then season your bzoth with pepper groce beaten, with salt not too much, because your licour is Salte that your Pike is boyled in, put therein a good peece of swete Butter, and season it with a little Sugar that it be neither too sharpe nor too swet. So take vp your pike and laye it vpon Boys the skinny side vpwward, and so lay your bzoth vpon it.

A Pike sauce for a Pike, Bream, Perch, roch, Carp, Flounders, and all manner of Brooke fish.

**T**ake a posie of Rosemary and Time, and binde them together, and put in also a quantity of Parcelpe not bound, and put it into a Cauldron of water, salte, and Pest, and the hearbs, and let them boyle a prittie while, then put in the fische, and a good quantitie of Butter, and let them boyle a good while, and you shall haue your Pyke Sauce. For all these fishes aboue witten if they must be bzoled: take sauce for them, Butter, Pepper and Cinagre, and boyle it vpon a chafingdish, and then lay the bzoled fish vpon the dish, but for Celes and fresh Salmon nothing but

## A Booke

but pepper and Vinagre ouer-boyled, and also if you will frye them, you must take a good quantity of Percely, after the Fish is fryed, put in the percelye into the Frying pan, and let it frye in the butter, then take it vp and put it on the fryed Fish, as fryed Plaice, Whiting, and such other fish, except Celes, fresh Salmon and Cunger, which be neuer fried, but baked, bzoyled, roasted and sodden.

### How to seeth a Carpe.

**C**ut the throat of your Carpe, & saue the blood in a saucer, and take your Carpe and scoure him with Salt, take out the gal and the Guts, and leaue the Liuer and the fat in the belly of the Carpe, set on your licour, water and Salt to seeth him, and when your licour seethes, put in your carp or euer he be dead, and take good heed for springing out of the Pan, for it is euer good to seethe fish quick, for it maketh the fish to eat hard.

Take the best of the broth and a little red Wine, good store of Mergious, new yelt, with the blood of the Carpe strained, and so put it in a Dishkin with Cozance, whole Pepper, and boyle them altogether, put therto half a dish of sweet butter, and a little time, and Barberies if you haue them,  
and



and when they be well boyled, season it not too sweet nor too sharpe, and then poure it vpon your Carpe.

To seeth Roches, Flounders, or Eeles.

**M**ake ye good broth with new yest, put therin vergious, salt, percely, a little Time, and not much rosemary and pepper, so set it vpon the fire and boile it, and when it is well boyled put in the Roches, Flounders, Eeles and a little sweet butter.

To seeth a Gurnard.

**O**pen your Gurnard in y<sup>e</sup> back, and faire wash and seeth it in water & Salt, with the fishy side bpward, and when it is well sod, take some of the best of the broth if you will, or els a little fair water, and put to it new yest, a little vergious, percely, rosemary, a little time, a pæce of sweet butter, and whole Mace, and let it boyle in a pipkin by it self till it be well boyled, and then when you serue in your Gurnard, poure the same broth vpon it.

To seeth a Dory or a Mullet.

**M**ake your broth light with yest, somewhat sauery with salt, and put therin a little Rosemary, and when it seethes put in your fish, and let it seeth very softly, take faire water and vergious a like much, and

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put therto a little new *Pest*, corance, whole pepper and a little *Pace*. and *Dates* shred very fine, and boyle them wel together, and when they be well boyled, take the best of your broth that your fish is sodden in, and put to it *strawberyes*, *goseberyes*, or *barberyes*, swat Butter, some Sugar, and so season vp your broth, and poure vpon your *Dozry* or *Mullet*.

To seeth Turbut or Cunger.

Set on water and salt, and season it wel, if the Turbut be great quarter him into foure quarters, if he be small, cut him but in halfe, if it be a Burt, seethe it whole after this sort. When your licour doth seeth, put in your fish and let it seeth very softly till it be sodden enough, and when it is sodden, take it not vp till the licour be colde. Then take halfe white Wine, with Vinagre and the broth that it was sodden in, and lay the fish in it to souce. Cungar, Sturgion, and all fish that is to be souced, in like manner sauing you must seethe your Sturgion in water and Salte, and souce it with white Wine.

How to seeth Shrimps.

Take halfe water and halfe beere or Ale, and some salt good and sauery, and set it on

on the fire and faire scum it, and when it seetheth a full wallop, put in your Shrimpes faire washed, and seethe them with a quick fire, scum them very clean, and let the haue but two walmes, then take them vp with a scummer, and lay them vpon a fair white cloth, and syzinckle a little white salt vpon them.

## *Bake Meates.*

For fine Pyes of Veale or Mutton.

**P**Erboyle your meat and shredde it fine, and shred your Suet by it selfe. When your Suet is fine shred put it to your Mutton or Veale and mince them together, put therto halfe a dosen yolkes of Egges being hard sodden and fine minted, small Corance, dates fine minced, season it with cloves and mace, Sinamon and Ginger, a very little Pepper, a handfull of Carowaies, Sugar and Clergious, and some Salt, and so put it into your paste being Chewets or Trunk pyes.

For Pyes of Mutton or Beefe.

**S**hred your meat and Suet together fine, season it with cloues, mace, Pepper, and  
C 2
some

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some Saffron, great Raisins, Cozance and  
prunes, and so put it into your Pyes.

To bake a Neats tung.

**S**eth your Neats tung very tender and  
slice it diamond slices, wash it with ver-  
gious, season it with Pepper and salt, sinas-  
mon and ginger, then lay it into your coffin  
with Cozance, whole Mace, Onions being  
very small minced, with Marow or else ve-  
ry sweet butter, some Sugar & some dates  
being very small minced, and put therein  
some vergious.

To bake a Pigge.

**T**ake your Pig and flea it, and draw out  
all that clean which is in his bellye, and  
wash him clean, and perboyle him, season it  
with Cloues, mace, nutmegs, pepper & salt,  
and so lay him in the paste with good floze of  
Butter, then set it in the Duen till it be ba-  
ked inough.

To bake a gammon of Bacon.

**T**ake your Bacon and boyle it, and stufte  
it with Parcely and Sage, and yolks of  
hard Egges, and when it is boyled, stufte it  
and let it boyle againe, season it with Pep-  
per, cloues and mace, whole cloues stick fast  
in, so then lay it in your paste with salt but-  
ter.

To

To bake Chickins.

**S**Season them with cloues, mace, sinamon  
ginger, and some pepper, so put them in,  
to your coffin, and put therto cozance dates  
Razunes, and swæt Butter, oꝛ els Marow,  
and when they be halfe baked, put in some  
sirup of bergious, and some sugar, shake the  
together and set them into the ouen again.

Bake Sparowes, Larkes, oꝛ any kinde  
of small birds, calues fæt oꝛ Whepes tungen  
after the same manner.

To make a Chicken Pye.

**S**Calde the Chickins, draw them, and pull  
out the best bones, then season the with  
cloues and mace, Pepper and Salte, and if  
you haue them grapes, oꝛ goseberies: when  
you haue so don, make passe of fine flower,  
and put in your Chickins, and set them in  
the Ouen, then boyle soure Eggs hard, then  
take the yolks and strain them with bergi-  
ous, and put Sugar thereto and put it into  
your chicken pye when it is half baked, and  
when it is ready to be serued in, annoint it  
ouer with butter, Sugar & rosewater, then  
put it into the ouen til you serue them in.

To bake Chickins without fruit.

**S**Season your Chickins with cloues, mace  
and pepper, lay the into your passe with

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sweet butter, gosseberies, sugar and whole mace. And when they be well baked, put therto vergious yolkes of egges strained. Make them together and set them into the Duen againe.

To bake Pigeons.

**S**Eason them with Pepper, salte, and vergious, and lay the in your paste, and put to them sweet Butter, gosseberies, and two or three spoonfull of vergious.

To bake Crane or Bustard.

**F**irst take him and perboyle him a little, and then take sweet Lard and Lard him withall, the put it into the Coffin, and take Pepper and salt, and season them together and cast it vpon it, and take butter, and put it into the Coffin, and so let it bake y space of foure houres, and serue them forth.

To bake Geese or Capons.

**S**Eason them with pepper and Salte, put Butter therto, and prick your geese with some Cloues.

To bake Turkey Fowles.

**C**lene your Turkye foule on the back, and bruse al the bones. Season it with Pepper groce beaten and salt, and put into it good stoze of Butter, he must haue five houres baking.

To

To bake Fesant or Partridges.

**B**Ake your Fesant or Partridge as you doe your capon with Pepper and Salt, and draw them with Lard if you wil, and put to them swat Butter.

How to bake Sparrowes or other small birds.

**M**Ake paste of fine floure, egges, butter and faire water, therof make Coffins then season your birds with sugar and ginger, then take good chæse clene scraped and small minced with a little Butter, and put them into your coffins, and put therto your birds, and close it till it be enough.

To bake Capons or Chickins.

**T**Ake paste as is aforesaid, and season the Capon with ginger, salt and Vergious. then take Lard and inince it mætye small, and put that first into the Coffin, then put your Capon vnto it with the brest downward, so couer it and bake it, when it is almost enough, put into it the yolkes of three or foure Egges strained thzough a strainer with a little vergious, and so let it stand till it be inough.

To bake wilde Ducks.

**V**W hen they be fair dressed and perboiled, season them with Pepper and Salt, a few whole cloues amongst the, and

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Onions small minced, and swæt butter, vergious and a little sugar.

For to bake Mallards.

**F**irst trusse them and perboyle them, and put them into the coffin, then take pepper and Salt, and season them and foure or five onions: peeled and sliced, and put them altogether with a good porce of swæt butter vnto the Mallards, and so let the bake two houres, and when they be baked, put in half a goblet of Vergious for euery Mallard, and so serue them.

How to bake pyes of Calues feet.

**T**ake Calues feet and wash them, boyle and blanch the haire of them, season the with cloues and mace, and a little pepper, vergious and sugar, dates, pynes, cozance, and swæt butter, then make your paste of fine flower with yolkes of Egges, and raise the Coffin square, when it is halfe baked, then take it out and put in Vergious and sugar with the yolks of hard Eggs strained.

How to bake Conies, Rabets, or Hares, with fruit or without fruit.

**S**eaſon them with Pepper and Salte, Cloues and mace, and so laye them into your paste with Cozance or Pynes, great Raisins



Raisins and if you will : butter and a little  
bergious.

To bake small meats.

**T**Ake Egges and sethe them hard, then  
take the yolkes out of them and bzaue  
them in a moztar, and temper them with  
Creme, and then straine them, and put to  
the Pepper, Saffron, Cloues, Mace, small  
raisins, Almonds blanchèd and small sized,  
and grated bread.

Take Peares also sodden in Ale, and bzaue  
and straine them with the same Licour, and  
put therto Bassard and Honny, and put it  
into a pan and stir it on the fire til it be wel  
sodden, then make little coffins and set the  
in the Duen til they be hard, and then take  
them out againe, and put the foresaid licour  
into them and so serue them forth.

To make small bake meats of Sirup  
and Peares.

**T**Ake Peares and sethe them in Ale.  
then bzaue them and straine them and  
put Sanders to them and Ale, with the spi-  
ces aforesaide, and the Coffins in likewise  
ordered, and so put in the sirup.

How to bake Venison.

**V**Vhen it is perboiled, season it with  
Salt and Pepper somewhat groce  
braten

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beaten, and a little Ginger, and good stozz of sweet Butter, and when the Venison is tender baked, put to it half a dosen spoonfull of Claret wine, and shake it well together.

To bake Venison to eat hot.

**C**ut the Venison in faire pices, in quantitie as you will haue your pasties, and perboyle it, that downe stick the grain side full of Cloues, and Lard the lean side with good lard, and season it with pepper, salt, and all manner of spices; then put the grained side of the venison downwards into the coffin of brown paste, and so close it and bake it, and when it is open turne the grain side upward.

To bake Venison to eat colde.

**T**ake Venison and cut it as the graine goeth, and cut it in quantity as ye will haue your Pasties, and perboyle it in faire water, then take Lard and cut it in length of your flesh, and therewith lard it as thicke as you can, so that one pice of the Lard touch not an other. Then take all manner of spices, salt, and Minagre, that downe, put it into brown paste and bake it.

To bake Venison of red Deere.

**L**ay it in water, and then wash it very cleane out of y<sup>e</sup> water, if it be cleane draw it with Lard, then take meale and sift it,  
and

and take faire licour and let it boile, & make your paste with that, then take Bæse suet, mince it and beate it, dꝛiue out your paste very thicke, close it and let it bake six houres when it is half baked, take Cloues & mace and Vinagre, and so boile thē together, put them into your redde Dēre, at a little hole made for that purpose. And when you haue so don, stop the hole with some of the same dough, and then set it in againe vntill it be inough.

To bake Venison of Fallow Deere.

**L**ay it in water and wash it very clean, then perboile it, if it be of the side, raise the skin of it: if it be of the haunch, presse it: season it with pepper and salt, take good stoz of Dre Suet, and mince it very fine, when you haue minced it, beat it, thē take flower, butter and Egges and make your paste stiffe, then dꝛiue it out, and then put in your suet and Venison and close it, then take the yolk of an egge and a little beere, and wet it ouer, and let it bake foure houres, and then serue it in.

To bake the Vmbles of a Deere.

**M**ince them very small with Suet, and season them with Pepper, a little Ginger,

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**G**inger, a little Sinamen and Cozance, and put into your paste, and when your pye is baked, put to it two sponfulls of Claret wine, and shake it well together.

To bake a Pig like a Fawne.

**F**ley him when he is in the haire, season it with pepper and salt, Cloues and mace, take Claret wine, Mergious, Rosewater, Sinamon, Ginger and Sugar, boyle them together, laye your Pig flat like a fawne or a kidde, and put your sirup vnto it and sweet butter, and so bake it leisurely.

To make Florentines.

**T**ake Meale and some of the Kidney of the Lohne, or colde Meale roasted, colde capon or Pheasant, which of them you wil, and mince it very small with sweet suet, put vnto it two or thre yolks of Eggs, being hard sod, Cozance and dates small shred, season it with a little Cinamon and ginger, a very little cloues and mace, with a little Salte and sugar, a little Lime being finely shred. Make your paste fine with butter & yolkes of Eggs and Sugar, role it very thin and so lay it in a platter with butter vnderneath: and so cut your cover and lay it vpon it.

A Florentine of Fleish.

Take

**T**AKE the Kidneies of Weale and chop them very small with Cozance, Dates, Cinamon and Ginger, Sugar, salt, and the yolks of three Eggs, and mingle altogether, and make a fine paste with yolks of egges, and butter, and let there be Butter in your dishe bottomie, then dꝛiue them to small Cakes, and put one in the dish bottom, and lay your meat in, then lay your other vpon your meat, and close them together, and cut the cover and it, when it is baked the Brew Sugar and serue it out.

A Florentine of Fish.

**T**AKE apples, grated bread, Cozance, and chop your apples verie fine, and mingle your stufte with yolkes of Eggs, and dꝛiue out your paste as you do the other, put butter in your dish bottom and so serue it out.

To make Florentines with Eeles for  
Fish dayes.

**T**AKE great Eeles, sleve them and perboyle them a little, then take the fishe from þ bones, and mince it small with some Wardens amongst it, to make it to mince small, and season it with cloues and mace, pepper, Cozance and Dates, and when you lay it into your paste, take a little fine Sugar and lay it vpon before you couer it, and  
when

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When it is halfe baked or altogether, laye a  
pece of sweet Butter vpon the couer, and a  
little rosewater and sugar. After the same  
manner, minced pyes of Celes.

To make a Florentine.

**T**Ake the Kidney of Ueale and boyle it  
a little, choppe it very fine. Then take  
Cloues, Mace and Pepper, and season it  
withall, then take an ounce of Biskets and  
asmuch of Carowayes, and put into your  
stufte, make your paste of fine floure, butter  
Egges and Sugar, and driue your paste ve-  
ry thin, and lay a sheet of paste in a dish and  
vnder it lay a little butter, and spread it a-  
broad with your thumb, the lay your meat  
aloft on it in the dishe, then make the other  
sheet and cut it and lay it vpon your meat.  
Then close it and cut it round about like a  
Starre, and set it in the Ouen and let it a-  
bide a quarter of an houre, then take it out  
and wet it ouer with Butter, then cast su-  
gar wet with rosewater vpon it, then set it  
into the Ouen again a little while, the take  
it out and serue it in.

How to make Chuets.

**T**AKE Ueale and perboyle it and chop  
it very fine, take base Suet and mince  
it fine, then take Pyunes, Dates and  
Cozance,

Cozance, wash them very clean and put the into your meat, then take Cloues, Mace, and pepper to season your meat withal and a little quantity of salt, bergious and Sugar, two ounces of biscuits, and as many of Carowaies, this is the seasoning of your meat, then take fine flowre, yolkes of Eggs, and butter, a little quantity of rosewater and sugar, then make little coffins for your Chetwets and let them bake a quarter of an houre, then wet them ouer with butter, then strewe on Sugar and wet the Sugar with a little Rosewater, and set them into the Ouen again, then take and serue fine in a dish.

#### How to bake Vaunts.

Take the kidney of Weale and perboile it till it be tender, then take & chop it small with the yolkes of three or foure Eggs, then season it with Dates small cut, small raisins, Ginger, Sugar, Sinamon, Saffron and a little Salte, and for the paste to laye it in, Take a dosen of Eggs both the white and the yolkes, and beate them well together, then take Butter and put it into a frying pan, and fry them as thin as a pancake, then lay your Cusse therein, and so frye them together in a pan, then cast sugar and  
Ginger

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Ginger vpon it, and so serue it forth.

How to make Pescods.

**F**irst make thort paste with yolks of eggs, butter and a little sugar. Then take for the stuffe, Marow, small raisins, dates, Sinamon, Sugar and Ginger, and then frye them with swæt butter, and whē you serue them, cast on Sugar and Sinamon.

How to bake Eeles whole.

**W**hen they be sleied & clean washed, season them with vergious, pepper, and salt, Cloues and mace, and put to them rozance, great Raisins and Pzunes, swæte butter and Vergious.

To bake Lamprons.

**F**aire scoure them or sleie them, and season them with pepper and Salt, and put to them some onions, vergious, butter and Distfers.

How to bake Lamprons fine.

**P**ut to them small Raisins and Onyons minced very fine, and dates minced fine, a little whole Hace, some Pzunes, if you will butter and vergious.

How to bake a Lamprey.

**W**hen you haue sleied and washed it clean, season it with Pepper, and salt, and make a light Gallandine and put



put to it good store of butter, and after this sozt you must make your gallandine. Take white bread tostes and lay them in Rypin Claret wine, or els in vergious, & so strain them with vinagre, and make it somewhat thin, and put iugar, Sinamon and ginger, and boyle it on a Chasing dish of coles, this Galandine being not too thicke, put it into your pye of Lampreye, and after this sozt shall you bake Porpos or Buffins.

To bake Carp, Bream, Mullet, Pike, Trout, Roche or any other kinde of Fish.

Season them with Cloues and Mace, and pepper, and bake them with smal raisins, swete butter and Vergious, great raisins, and some prunes.

How to bake a Holybut head.

First water it till it be fresh then cut it in small pæces like Culprins of an Ecle, and season it with pepper & Saffron, cloues and mace, small raisins & great, and meddie al these wel together, and also put ther to a good messe of vergious, and so bake the same fish.

How to bake Cunger.

Season it with pepper and salt and make your pies but euen meet for one gubbin, and put to it swete butter, & let it not dye.

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### To bake a Stockfish.

**S**Season your Stockfish with pepper & salt and lay it into y<sup>e</sup> paste, and put good store of butter to it, and sliced onions small, and percelly, and cast it vpon the Stockfish, & put a little vergions vnto it, and bake it.

### How to bake watered Herrings.

**L**et your Herrings be wel watered, and season them with Pepper and a little Cloues and mace, and put vnto them minced Onions, great raisins and small, a little sweet butter, and a little sugar, and so bake them.

### How to bake Custards.

**T**Ake to euery pinte of Cream fine Eggs, and put in no whites, and straine your Cream and Egges together, season it with Cloues & mace, and sugar, and when your paste is well hardened in the Duen, having small raisins & dates, put in your stufte, and let it not bake too much, for much baking will make your Custard to quaille, or els to fall. Doucets after the same sort.

### How to bake Wardens.

**C**ore your wardens and pare them, and perboyie them and laye them in your paste, and put in euery warden where you take out the Coze a Cloue or twain, put to them

Sugar, Ginger, and Sinamon, moze sinamon then ginger, make your crust very fine and somewhat thick, and bake them leisurely.

How to bake Quinces.

**T**Ake half a pound of Sugar, and a dosen of Quinces and pare them, take half an ounce of Sinamon and Ginger, take fine flower, sweet butter, and Egges, and make your paste, then put in all your stufte and close it vp.

Another to bake Quinces.

**C**ore your Quinces and fair pare them, perboyle them in seething licour, Wine or water, or halfe wine and half water. and season them with Sinamon and sugar, and put halfe a dosen Cloues into your Pyes amongst them, and halfe a dosen spoonful of rosewater, put in good stoze of sugar. If you will bake them a slighter waye, you maye put in Muscadell to spare Sugar.

How to bake Orenge.

**F**Aire péele your Orenge, and pick away all the white that is vnder the péele, and so lay them in fine paste, and put into them Sugar, very little Sinamon or none at all, but a little Ginger and bake them very leisurely.

A Book  
*Roast Meates.*

To roast Venison.

**F**irst perboile it, and then make it tender  
cast it into cold water, then Lard it and  
roste it, and for sauce take broth, Vinagre,  
Pepper, Cloues and mace, with a little salt  
and boile these together and serue it vpon  
your Venison.

How to roast a Hare.

**V**Wash him in faire water, the perboile  
him, and lay him in colde water a-  
gaine, then Larde him and roast him on a  
Broche, then to make sauce for him, take  
red vinagre, Salt, Pepper, ginger, Cloues,  
Mace, and put the together, then mince ap-  
ples and onions, and fry them in a Panne,  
then put your sauce to them with a little  
sugar, and let them boyle well together, the  
baste it vpon your Hare, and so serue it.

To roast a Capon.

**Y**ou must roste a Capon with his head  
off, his wings and Legs on whole.

Roste a Pheasant.

**A**s a Capon, and when you serue him in,  
stick one of his fethers vpon his best.

Partridge as a Pheasant, but no Fether.

Roste a Quaille.

with

With his legs broken and knit one within  
an other.

Roast a Crane.

With his legs turned vp behinde him. his  
wings cut of at y<sup>e</sup> ioynt next the bodye, and  
then winde the neck about the bzoche, and  
put the bill into his brest.

Heron, Curlew and Bitter, as a Crane: but  
the Bittures head must be of.

Rooste a Plover.

With his head off, and his Legs turned vp  
ward vpon his back.

Roast a Snite.

With his Bill put into his brest, and his  
Legs turned vpward vpon his brest.

To roast Woodcocks.

First pluck them, and draw out the guts,  
leau the Liver still in them, then stufte  
them with lard chopped small, and Fenoper  
berges, with his bill put into his brest and  
his feet as the Snite, and so roast him on a  
spit, and set vnder it a faire large pan with  
white wine in it, and chopped Percely, Vi-  
nagre, salt and ginger, then make tostes of  
white bread, and toste the vpon a grediron,  
so that they be not bzent, the put these tosts  
in a dish, and lay your woodcocks vpon them  
and put your sauce y<sup>e</sup> same bzoth vpon the,

## A Booke

and so serue them forth.

To make Allowes of Eeles.

**T**Ake and splat an Eele by the back, and keepe the belly whole, and so take out the bone, then take onions, pertely, Time, and Rosemary chopped together, and put thereto pepper and salt, and a little Saffron, and so lay it vpon the Eeles, and the wrap it vp in Culpines, and put them vpon a spit and so roast them.

To make a Frycace of colde Mutton  
or Veale.

**C**hop flesh small and fry it in sweet butter, and then put thereto a little white wine, Salt, and Ginger, and serue it forth in faire dishes.

To make a Fricace of Goose giblets or  
Hennes, or Capons.

**F**irst cut them in pretty pices, and so boile them in water til they be tender, the fry them in butter, and so serue the forth with powder of Ginger and Salt.

To make a Fricace of a good Haddock  
or Whiting.

**F**irst seeth the fish and scum it, and pick out the bones, take Onions and chop them small then fry them in Butter or Oyle till they be enough, and put in your fish, and frye

frye them till it be dype, that don: serue it  
 forth with pouder of Ginger on it.

To fry Whittings.

**F**irst flay them and wash them clean and  
 scale them, that don, lap them in floure  
 and fry them in Butter and oyle. Then to  
 serue them, mince apples oz onions and fry  
 them, then put thē into a vessel with white  
 wine, bergious, salt, pepper, cloues & mace,  
 and boile them together on the Coles, and  
 serue it vpon the Whittings.

To fry a Cods head.

**F**irst cleue it in pēces and washe it clean  
 and fry it in Butter oz Oyle. Then cut  
 Onions in rundels and so frye them, that  
 don put them in a vessell, and put to them  
 red wine oz vinagre, salt, ginger, sinamon,  
 cloues & mace, and boile all these well togi-  
 ther, and then serue it vpon your cods head.

## Tartes.

To make a Tarte of Cheese.

**T**ake good fine paste and driue it as thin  
 as you can. Then take chiese, pare it,  
 mince it, and braye it in a moztar with the  
 yolks of Eggs til it be like paste. then put it  
 in a faire dish with clarified butter, and the

## A Booke

pnt it abroade into your paffe and couer it with a faire cut couer, and so bake it: that don, serue it forth.

To make a Tarte of Prunes.

**T**ake Prunes and wash them, then boile them with faire water, cut in halfe a penny loaf of white bread, and take them out and straine them with Claret wine, season it with sinamon, Ginger and Sugar, and a little Rosewater, make the paffe as fine as you can, and dry it, and fill it, and let it drie in the ouen, take it out and cast on it Wickets and Carawaies.

Tartes of Damsons without a couer.

**S**calde your Damsons with rosewater in a Blatter, and then strain them and season them with sugar, sinamon, and ginger, and so make a Tart without a Couer.

Tartes of Damsons with a couer.

**L**ay in your Damson whole, and so season them with sugar, Sinamon & Ginger, and so lay on a couer.

Tartes of Cherries.

**P**luck off your stalks and lay your Cherries into your paffe and season the with sugar, sinamon and ginger, and lay a couer vpon them.

Tartes of Gooseberies.

Lay



**L**ay your Gooseberies in your crust, and put to them sinamon and Ginger, Sugar and a few small raisins put among the, and couer them with a Couer.

Tartes of Apples with couers.

**M**ince your Apples very small, season them with Sugar, sinamon & ginger, and laye thereon a faire couer, and dresse your couer when it is halfe baked with Rosewater and Sugar.

Tartes of Apples without couers.

**B**oyle your Apples very tender in a little wine, or for lack of Wine Ale, and then strain them with Sugar, sinamon and ginger. Make a tart of it without a couer.

Tartes of Quinces without couers.

**S**traine your Quinces with some wine, whē they be boyled tender, and an apple with them, or two or three Wardens, straine them and season them with Sugar, Sinamon and Ginger, and so make a tarte without a couer.

Tarte of Quinces with couers.

**W**hen your Quinces be very tender and colde, mince them with two or three Wardens amongst them and season them with sugar, sinamon and ginger, and so the paste being very fine, lay a couer vpon the.

How

How to make Tartes of Spinage.

**B**oyle your Spinage very tender, and thre or foure apples with it, and when it is very tender, straine it thzough a faire cloth, and then season it with the yolk of an egge, Sugar, Sinamon, and Ginger.

Tartes of Bozage after the same fashion.

Tartes of Eglentine berries.

**T**ake the berries and picke out al y white within them, and boyle them very tender in faire water, and when they be almost sod dry, put therin wine, and thre or foure Apples, and straine them, season them with sugar, sinamon and ginger, so make a Tart without a couer.

Tarte of Strawberies.

**S**eason your Strawberyes with sugar, a very lttle Sinamon, a little ginger, and so couer them with a couer, and you must lay vpon the couer a morsell of sweet Butter, Rosewater and Sugar, you may Ice the couer if you will, you must make your Ice with the white of an egge beaten, and Rosewater and Sugar.

How to make a Tart of Briar hips.

**T**ake Hippes and washe them, and boyle them in Claret wine, and straine them thzough a strainer, season them with Sinamon

namon, ginger and Sugar, and make your paste, and fill it with the same stuffe.

To make a Tart of Cream.

**T**ake Creame and Eggs and stir them, together, and put them into a strainer till the whey be come out, then strain it that it may be thick, season it with Ginger, Sugar, and a little Saffron, and then make your paste with flower, and dry your paste in the Oven, and then fill it, and set it into the Oven to dry, and then take it out, and cast Sugar on it, and so serue it forth.

How to make a good Marchpaine.

**F**irst take a pound of long smal almonds and blanch them in cold water, and dry them as drye as you can, then grinde them small, and put no licour to them but as you must needs to keepe them from oyling, and that licour that you put in must be rosewater, in manner as you shall think good, but wet your Vessel therein, when ye haue beaten them fine, take halfe a pound of Sugar and more, and see that it be beaten small in powder. it must be fine sugar, then put it to your Almonds and beate them altogether, when they be beaten, take your wafers and cut them compasse round, and of the bignes you will haue your Marchpaine, and then

as

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as soon as you can after the tempering of your Masse, let it be put in your paste, and strike it abroad with a flat sick as even as you can, and pinch y<sup>e</sup> very Masse as it were an edge set vpon, and then put a paper vnder it, and set it vpon a faire board, and lay a latten Basin ouer it the bottome vpperward, and the lay burning coles vpon the bottom of the basin. To see how it baketh, if it happen to burn too fast in some place, holde papers as broad as the place is & lay it vpon that place, and thus with attending ye shall bake it a little more then a quarter of an houre, and when it is wel baked, put on your gold and biscuits, and sick in Comfits, and so you shall make a good Marchpaine. Or euer that you bake it you must cast on it fine Sugar and Rosewater that will make it look like Ice.

To make pottage of Cherries.

**F**ry white bread in butter til it be brown and so put it into a dish, then take Cherries and take out the Stones, and frye them where you fried the bread, then put thereto Sugar, Ginger, and Sinamon, for lacke of broth, take White or Claret Wine, boyle these together, and that done, serue them vpon your Toates.

To poche Egges in broth.

**T**Ake faire licour and as much bergions,  
and new Pest, and put therin Cozance,  
whole macc, sweet butter, and sugar, a good  
handfull of white Bets, and so boile them  
very tender, and so poche your Eggs in faire  
water sathing, and laye them vpon sops,  
and poure the broth and hearbs vpon.

To boyle yong Peason or Beanes.

**F**irste shale them and sathe them in faire  
water, then take them out of the water  
and put them into boyling milk, then take  
the yolks of Eggs with crums of bread, and  
ginger, and straine them thorow a strainer  
with the said milk, then take chopped perce  
ly, Saffron and Salt, and serue it forth for  
Pottage.

To make carbonados of Mutton.

**C**ut a Leg of Mutton in thin fillets, and  
to make it tender chop it on both the  
sides with the back of a knife, so that they  
be not chopped thorow, then salt them well  
and lay them on a grediron, and bzoll them  
till they be inough, and with Vinagre and  
minced onions serue them forth.

To make a Haggas of Almain.

**T**Ake two Buts of Mutton, and frye  
them well from Skinnnes and senowes,  
and

## A Booke

and mince it with suet as small as you can, then take Dates and mince them smal, the take these Spices which follow, one ounce of Cozance clean washed, an ounce of sinamon, a quarter of half an ounce of Ginger and as much of pepper, and an ounce of Sugar with the yolkes of eight or nine Eggs, clean fryed from the whites Take also fine faire light bzead grated, with a little Salt, and a portion of Saffron, and boile al these together, then row these Cozance in Suet of a Calfe or Shepe, then put them into a frying pan, and so set them into a hot oven, and when they be brawn turne them, and when they be baked, take them out and serue thre in a dish.

To dresse Chickins vpon Sorrell sops.

**T**ake sorrell and beat it in a morter, and put in Mergions and strain it thzough a strainer, then cut fine Sops of white bzead and lay them in a dishe, and put the sorrell sauce to the bzead, put sinamon, ginger, and Sugar, with butter to your sauce, the roste your Chickins and serue them forth.

How to make sops of Almain.

**T**ake white wine with Ware or Ale, and put crums of white bzead, yolks of Eggs  
Sugar

sugar and sinamon, with Salt and saffron, strain these and boile them a little together then cut white bzead into your dishe, and put the pottage to it, and so serue it forth.

How to make Tostes.

**T**Ake the Kidneye of Uele when it is roasted, and chop it very fine, then take and put it in a dish, put in the yolks of three eggs put in Sinamon, Ginger and sugar, take a little Rosewater and put to it, take white bzead and cut it like diamonds, and toste a little, set all your stufte on a Chasingdish with Coles, and stirre it and spread it vpon the Tostes, take the yolke of an Egge, and with a fether batte them ouer, then bake them in a pan and set them in a dishe, and cast Sugar on them.

To make Ielly.

**T**Ake Calues feete and fley them, and faire washe them, and set them on to scethe in faire licour, and faire scum them, and when they be tender sod, faire straine out the licour, and see your licour be verge clære, and put your licour into a pot, if there be a pottle of it, put a pottle of claret wine vnto it, and two pound Sugar, a quarter of sinamon, half a quartern of ginger, an ounce of Putmegs, an ounce of grains,  
some

## A Booke

some long Pepper, a few Cloues whole, a few Coliander seeds, a little salt. Songlasse being faire washed and laid in water a day before, Turnsole being aired by the fire and dusted, and when they be wel sod, let it run through a bag, and put two whites of Eggs in the bag.

To make an Apple Moise.

**R**Take your Apples very fair, and when you haue so done, peele them and strain them with the yolk of an Egge or twaine, and Rosewater, and boile it on a Chafing dish of Coles with a peece of sweet Butter, put in sugar and ginger, and when you lay it in your dish, cast cinnamon & Sugar on it.

To make a dish of Snow

**T**ake a pottle of swat thick Cream, and the white of eight Eggs, and beate them altogether with a spoone, then put them into your Creme with a dish full of Rosewater, and a dish full of Sugar withall. then take a stick and make it clean, and then cut it in the end four square, and therewith beat all the aforesaid things together, and euer as it ariseth, take it off, and put it into a Cullender, this done, take a platter and set an Apple in the midst of it, and stick a thick bush of Rosemary in the Apple. When call your  
your



your Snow vpon the Rosemary & fill your platter therewith, and if you haue wafers, cast some withall, and so serue them forth.

To make white Ginger bread.

**T**ake Gumma Dragagantis half an once, and steep it in rosewater two daies, the put therto a pound of Sugar beaten & finely serced, and beate them well together, so that it may be wrought like paste, the role it thin into two Cakes, then take a fewe Iordain almonds & blaunch them in colde water, then dry them with a faire Cloth, and stampe them in a mortar very finely, adding therto a little rosewater, beat finely also the whitest Sugar you can get and searce it. Then take Ginger, pare it and beat it very small and serce it, then put in sugar to the almonds & beat them together very well, then take it out and work it at your pleasure, then lay it even vpon one of your cakes, and couer it with an other and when you put it in the molde, strewe fine ginger both aboue and beneath, if you haue not great store of Sugar, then take Rice and beat it small and serce it, and put it in to the Mortar and beat them altogether.

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To to make Bennets.

**P**ut butter and water ouer the fier in a faire pan, and when it boyleth put thereto fine flower and Salte, and so let them boyle, but stir them well so: byenning, and when it is wel thicke, put it into an earthen pan, the break Eggs into it and boyle them so togither, then boyle a good quantitie of Butter clarified ouer the fire, and with a spoone put in your other stuffe and so frye them till they be browne, and that done, serue them forth with Sugar on them.

How to make Pomages,

**T**ake a quart of red wine or swet wine, and v. or vi. well watrishe Apples, pare them and cut them in paces and cast away the coyes, then put the apples with y wine into a pot and boyle the on the fire till they be tender, and take a manchete lofe and cut it in thin paces and cast it into the pot, the when the apples be tender, put to them a quarter of a pound of Sugar, but draw the thzough a strainer befoze, and also an ounce of Cinamon, halfe a quarter of an ounce of ginger, and boyle al these togither in a chaffer or a pot, and then take them out again, and put the into a faire bason or in a charger,

ger, then make a dzedge of sinamon, sugar and Ginger, but most of Sugar, and dresse your Pomages in faire dishes, then cast in your dzedge and serue it out hot or colde.

To make Farts of Portingale.

**T**Ake a quart of life Hony, and set it vpon the fire and when it seetheth scum it clean; and then put in a certaine of fine Biskets well serced, and some pouder of Cloues, some Ginger, and powder of sinamon, Annis seeds and some Sugar, and let all these be well stirred vpon the fire, til it be as thicke as you thinke needfull, and for the paste for them take flower as finelye dressed as may be. and a good peece of sweet Butter, and worke all these same well together, and not knead it.

A French Puffin.

**T**Ake and make a verye fine peece of paste with yolkes of Eggs and swete butter and sugar: and dyue your cakes verry thin and fine, six or seauen, and put butter molten betwene euery one of them, make your cakes little round ones, and let there be a good deale of Butter in the dish bottom, and then set them in the Ouen till they be baked inough, then strewe on sugar vpon it and serue it out.

## A Booke

### A buttered Loafe.

**T**Ake very fine flowze and yolks of Eggs,  
swæt butter, yell, cloues, mace, sugar,  
sinamon, ginger, and woꝝk it together and  
make them in little loues, and when they  
are baked inough, set a good deale of swæt  
butter vpon a chafingdish and coles, the cut  
your loaf in thꝛe pæces and butter it, then  
strew sugar betwixt euery pæce and serue  
it out.

### For brenning meates.

**T**Ake wine and good Ale, and fill the well  
together and they will then bzen, and  
this is good for Selwes oꝝ dish meates, and  
all other meates that a man will haue  
bzenning.

### To make Almond Butter.

**B**Lanch two pound of Almonds and bꝛay  
them small in a Morter, but put no Lis-  
cor to the of a good while, but bꝛay them  
as small as you can, and whē they be small  
inough, cast a little water to them into the  
Morter, then dꝛaw them thꝛough a Stra-  
ner as you can, then put it into a faire pot  
with a quarter of a pound of sugar, and set  
it on the fire, but stir it well for burning,  
and put in a little Salt, but not too much,  
and when it boyleth take it from the fire,  
and

and put to it a good quantitie of Damask  
water or rosewater with an eye of saffron,  
but not too much, then take a faire Cloth of  
an elle long, and lay the butter vpon it, and  
let the cloth be held strait, and draw vnder  
the same cloth with a Lable, that the wa-  
ter may come clean from it, and the draw  
it aboue in y<sup>e</sup> midst of the cloth, and knit  
the corners of the cloth together, and so  
hang it vp and let it dry, and then dresse it  
into dishes, and print it as you do butter,  
and plant it with kernels of Pomgranets,  
and so serue it forth.

To make Almond milk hot.

**T**ake blanched Almonds and Bray them  
small, then with faire water draw them  
through a strainer, and make them not too  
thin nor too thick, and then put them into a  
pot with a quarter of a pound of sugar and  
let them boile ouer the fire, and when they  
boyle take them from the fire, then take a  
manchet loaf and cut it in thin peces, steep  
it in a pinte of White wine, as Bastard,  
Wire, or Paulmie, then cast it into Al-  
mond Milk and dresse it in fair dishes, and  
so serue it forth.

To make Ipocras.

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**T**Ake a gallon of Wine, and an ounce of Sinamon, two ounces of Ginger, and a pound of Sugar, twenty cloues bused, and twenty corne of pepper groce beaten, and let all those soke one night, and let it run thzough a bag.

To make Conserue of Quinces after the manner of Spaine.

**T**Ake six or seven pound of Quinces, and two gallons and a halfe of water, and set your water on the fire till it be thzow warm. then put therto the whites of two Eggs, Shells and all, and all to stir it with a Rick, and then let it stand vpon the fire till it cast a great scum. When take of the said scum, and put therto five pound of Sugar, and let it stand till it be molten, and a little while after, and then take it from the fire, and let it run thzough a wollen cloth of Cotten. and then put in your Quinces cleaupared and the cozes clean taken out, and so set them vpon the fier the space of an houre and a halfe, and then take them of the fier, and strain them thzough a canvas cloth water and al, and then set them vpon the fire again & let them seethe the space of two houres & a half, and all that time stir it with Ricks with bzoad endes, and to know

know when it is inough, lay it vpon a box lid, and when it commeth by cleane it is enough.

To make Conserue of Oreniges.

**T**Ake Ozeniges and pare them very thin the red of the out sides away and quarter them in four, and take away the white of the inside. then seeth them in faire water softely for breaking, ofte change them in warm water til they be soft: as the yelownes doth seeth away, so weareth away the bitternes, then take them out of the water and lay them in a fair vessell that the water may run away from them. then beate them small with a spoone, and put to euery pound of Ozeniges one pound of sugar, and half a pound of Rosewater, and boile them together and box them.

To preserue Oreniges.

**T**Ake your Pilles and water them two nights and one day. and dry them cleane againe, and boyle them with a soft fire the space of one hower, then take them out to coole, and make your sirrop half with rosewater and half with that liquoz. & put double sugar to your Ozeniges, and when your sirup is halfe sodden. then let your Ozeniges seethe one quarter of an houre more, then take out your Ozeniges & let the sirup seeth  
vntill

## A Booke

untill it roape, and when all is colde, then put your Dzeniges into y<sup>e</sup> sirrop: the white of an Egge and Sugar beaten togither, will make it to candie.

To make sirup of Violets.

**F**irst gather a great quantitie of Violet flowers and picke them cleane from the stalkes and set them on the fire, and put to them so much rosewater as you think good then let them boyle altogither untill the colour be sozth of them, then take the of the fire and straine them thzough a fine cloth, then put so much Sugar to them as you think good, then set it againe to the fire untill it be somewhat thick, and put it into a violl glasse.

To make Cherries in confectiō.

**T**ake ripe and chosen cherries, cut of half the stalks and put them in a frying pan ouer a soft fire, for euery pound of Cherries strew vpon them a pound of good white sugar in powder, seeth them so till y<sup>e</sup> third part be wasted, when they are sod put in a little Rosewater with a few cloues, and sinnamon beaten togither, then let them cole two or thze houres, and then put them in to your pots.

To make Prunes in confectiō.

Take



**T**Ake *Bzunes* of *damaske* & do like with them as you did with cherries, saue that for euery pound of *Bzunes* take *xy. ounces* of sugar, and that there must be wasted the fourth parte of the sirrup awayne, and that the *Cloues* and *Sinamon* must be but half bzused, or els both be a like.

Marmalade of *Quinces* or any other thing.

**T**Ake the *Quinces* and quarter them, and cut out the *Cozes* and pare them clean, and seeth them in faire water til they be very tender, then take them with rose water and strain them, and do as is afoze said in euery thing.

To preserue *Quinces*.

**F**Aire coze your *Quinces* and seethe *Licour* vpon the fire, and put in the cozes, and seeth them very well with two or thre peeces of *Quinces*, and then put in your *Quinces*, and let them boyle very softlye till they be tender, then take vp your *quinces*, and set them faire vpon a cloth, and let your *Licour* seethe a great while till it be somewhat high coloured of the *Quinces*, and then when the *licour* is colde, and the *Quinces* be colde, then put in your *Quinces* againe and so faire couer them.

These

## A Book

These will serue to bake or make tartes all the yere.

To preserue Orenge, Lemmons, and Pomecitrons.

**F**irst haue your Ozenge finely, and put them into water two dayes and two nights, changing your water thre times a day, then perboyle the in thre seuerall waters, the take so much water as you think conuenient for y quantity of your ozenge the put in for euery pound of Ozenge, one pound & a half of sugar into the water, and put in two whites of Eggs & beat them altogether, then set them on y fire in a brasse vessel, and when they boile, scum them very clean, and clense them thzough a Jellye bag, then set it on the fire & put in the ozenge. Use walnuts in like manner, and vse Lemmons & Pomecitrons in like sort, but they must lye in water but one night.

To preserue all kind of fruits that they shall not break in the preseruing.

**T**Ake a Platter that is plaine in the bottom and lay Sugar in the bottom, then Cherries or any other fruit, and so betwæen euery row you lay, thzow sugar and set it vpon a pots head, and couer it with a dish, and so let it boyle.

FINIS.

**\* The Table of the thinges contained  
in this Booke.**

|                                                                                                                  |                                                              |
|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| <b>T</b> He order howe<br>meates should be<br>setued at the Table,<br>both flesh and Fish,<br>with their fauces. | white broth. s                                               |
| Folio. 1. & 2.                                                                                                   | Another to boyle a<br>capon in white<br>broth. s             |
| Sauce for Capons &<br>Turkye Fowles. 3                                                                           | To make sops for<br>chickins. 6.                             |
| Sauce for roasted<br>Stockdoues. 3                                                                               | To boyle a capon in<br>browes. 6.                            |
| Another for a Ca-<br>pon. 3                                                                                      | To boile a capon. 6.                                         |
| For Capons, Fesant,<br>Pattriges or Wood-<br>cocks. 3                                                            | To boyle a capon<br>with Orenge or<br>Lemmons. 6.            |
| Chaldron for a<br>Swan. 4                                                                                        | To boyle a cunnye<br>with a pudding in<br>his belly. 7.      |
| Gallandine for a<br>Crane, Heron, or any<br>other Fowle that is<br>black meat. 4                                 | To boyle chikins or<br>capons. 7.                            |
| <i>Stewed and Boyled<br/>Meats.</i>                                                                              | To seeth chickins in<br>Lettuce. 7.                          |
| To stew a Capan. 4                                                                                               | To boyle chickins<br>with hearbs. 7.                         |
| To stew a Capon in<br>Lemmons. 4                                                                                 | To seeth Hennes or<br>capons in winter in<br>white broth. 8. |
| To boyle a capon in                                                                                              | To stue capons. 8.                                           |
|                                                                                                                  | To stew Sparrows. s                                          |
|                                                                                                                  | To stew Larkes. s                                            |
|                                                                                                                  | To                                                           |

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|                                                                                                                |                                                      |
|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
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| To stue a wilde mal-<br>lard. 9                                                                                | To make puddinges<br>of a swine, 12                  |
| To boile stockdoves<br>Fol. 9.                                                                                 | To make white pud-<br>dings of Hogges Li-<br>uer, 12 |
| To stew a Hinflank<br>of Beefe. 9                                                                              | Eisands with otmeal<br>grotes. 12.                   |
| To stew a Neates<br>foot. 10                                                                                   | To make Liueringes<br>of a Swine. 12                 |
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| To boyle Mutton<br>with Endiue, borage<br>Lettice, or any kinde<br>of hearbes that may<br>serue thereunto. 10. | A Pudding in a<br>tench. 13                          |
| To bake Mutton for<br>a sick body. 10                                                                          | To make a pudding<br>in a carret root, 13            |
| To make balles of<br>mutton, 11                                                                                | A pudding in a<br>cowcumber, 13                      |
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F J N J S.





